

# Advisory Council on Aging and Disability Services

*Creating choices for elders and adults with disabilities in Seattle-King County*

Mailing Address: PO Box 34125, Seattle, WA 98124-4215

Office Address: Seattle Municipal Tower, 700 5<sup>th</sup> Ave, 5<sup>1st</sup> Floor

Tel: 206-684-0660 TTY: 206-684-0274 FAX: 206-684-0689

www.adsadvisorycouncil.org

## MONTHLY MEETING NOVEMBER 9, 2007

### MEMBERS PRESENT

<u>CITY OF SEATTLE</u>	KING COUNTY	UNITED WAY
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Midge Levy, Secretary
<input checked="" type="checkbox"/> Barbara Hurst	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Elsie Erickson	<input checked="" type="checkbox"/> Thelma Pegues, Member-At-Large
<input checked="" type="checkbox"/> Dr. Pierre Loebel	<input checked="" type="checkbox"/> Silversity Madrazo	<input type="checkbox"/> Dr. Jonathan Wanagat
<input checked="" type="checkbox"/> Tom Rasmussen	<input checked="" type="checkbox"/> Kaylene Moon	<input type="checkbox"/> Don Moreland, Chair
<input type="checkbox"/> Marie Cook	<input type="checkbox"/> Rose Finnegan	<input checked="" type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown, V- Chair	<input checked="" type="checkbox"/> Art Mussman	<input checked="" type="checkbox"/> Michael Miller
<input checked="" type="checkbox"/> Dr. Robert Gross	<input checked="" type="checkbox"/> Kate Slaminko	<input type="checkbox"/> Ann Ballard
<input type="checkbox"/> Candace Inagi	<input checked="" type="checkbox"/> Cathy VonWald	<input checked="" type="checkbox"/> Amy Astle-Raen

### Excused Absence

Marie Cook, Candace Inagi, Elsie Erickson, Rose Finnegan, Dr. Jonathan Wanagat, Don Moreland, Ann Ballard

### Guests

Michael Gilmore

### ADS Staff

Pamela Piering, Rosemary Cunningham, Marcy Kubbs, Karen Winston

### United Way Staff

### King County Staff

Linda Wells

## MINUTES

**Lorna Stone, Vice-Chair**, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

In association with the Area Agency on Aging for Seattle-King County and sponsored by:



## **PROGRAM : PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES FOR SENIORS (PEARLS)**

**Dick Sugiyama**, Director of Aging and Disability Services (ADS) Case Management Program (CMP) discussed the PEARLS program that provides community-based treatment for mild depression to ADS Case Managed clients. The CMP has an active caseload of about 5,500 Title XIX Medicaid clients.

Clinically significant depression affects 15-20% of older individuals in the U.S. Late life depression is associated with:

- Lower physical functioning
- Poorer adaptation to medical illness
- Lower quality of life
- Higher health care utilization and costs
- Non-adherence to medical treatments
- Increased mortality
- Suicide and medical illness

Depression is often not recognized in older adults and few receive adequate treatment. Older adults with poor physical health and functional limitations are at risk for greater chronicity of depression and worsening of their health-related quality of life and functional limitations. Rates of depression are higher in older adults who:

- Are socially isolated
- Are homebound
- Have high medical co-occurrence
- Have functional impairment

Symptoms of depression include such things as:

1. Depressed mood
2. Loss of interest and pleasure
3. Change in sleep patterns
4. Change in appetite/weight
5. Low energy/fatigue
6. Psychomotor agitation/slowing
7. Poor concentration
8. Low self-esteem or guilt
9. Thoughts of suicide or death

The PEARLS study was undertaken for the following reasons:

- In community settings, older individuals are less likely than younger adults to have major depression, but they have comparable or higher rates of both minor depression and dysthymia (long-term minor depression).
- There is limited research on effective treatments for minor depression among older adults.
- It was hypothesized that minor depression could be successfully treated by social work staff members.

Partners in the PEARLS study included:

- Aging & Disability Services
- University of Washington, Health Promotion Research Center
- Senior Services of Seattle/King County
- The Seattle Mayor's Council on African American Elders
- Seattle Grandparent's Reparenting Group

Criteria for inclusion in the study included:

- Age 60+
- Diagnosis of minor depression or dysthymic disorder
- Receiving services from Senior Services, ADS/CMP, Respite or living in SHA public housing.
- English speaking seniors.
- Exclusion criteria: major depression and other psychiatric disorders (e.g., bipolar disorder and psychotic disorder), substance abuse, cognitive disorder.

**Karl Kaiser**, Case Manager with the CMP PEARLS program provided further information about the PEARLS study. He indicated he was trained by a University of Washington psychologist on how to intervene with clients enrolled in the study. The intervention was based on the following assumptions:

- There is a connection between depression and unsolved problems
- Pleasant activities – physical & social – reduce depression

The intervention included:

- **Phase I** – 8 sessions in 19 weeks (usually weekly for 3 weeks, followed by once every two weeks, then once every three weeks)
- **Phase II** – once a month phone call

At each session, one of the client's problems would be discussed and clarified, followed by the client engaging in problem solving the issue. Suggestions for approximating pleasurable activities that the client once engaged in are suggested. For example, if the client once was an active fisherman, then driving to the wharf might be suggested as a pleasurable activity. Each week a sheet was left documenting the discussion and solutions. Karl also described a case study in which the intervention had a very positive impact on the client.

Of 1,200 clients screened, 138 were enrolled in the study. The PEARLS intervention resulted in lower severity and greater remission of depression among intervention participants as compared to those receiving usual care. There were significant improvements in their quality of life areas related to functional and emotional well-being.

Pamela Piering, ADS Director, reported that since the research study was completed there have been limited funds available to implement the service. Some of the King County Human Services Levy funds have been earmarked for PEARLS services though and should be received soon. There is interest in expanding the service to Chinese and Russian speaking clients.

## **BUSINESS MEETING**

**Michael Gilmore**, Boards and Commissions Administrator in the Mayor's Office was introduced by the Vice-Chair. Michael indicated he will be working with Marcy Kubbs to fill the vacancies in City-appointed positions on the council.

### **Minutes**

**Action Taken:** It was moved/seconded and passed that the September 14, 2007 minutes be approved as written.

## **COMMITTEE AND TASK FORCE REPORTS**

### **Seattle City Council**

Councilmember Tom Rasmussen reported that the City Council passed the City's 2008 budget on November 19, 2007. Councilmember Rasmussen thanked Advisory Council members for attending the budget hearings. The Council's budget included \$19.3 million in budget adds, including \$5.5 million allocated to Human Services. Highlights of the budget include:

- \$5.5 million - Human Services
  - \$200,000 for Senior Centers (in addition to existing \$220,000)
  - \$400,000 for food delivery program and food banks
  - Other programs such as Housing Initiative, dental clinics, rental assistance emergency response planning
- \$4.5 million – Parks & Neighborhood Facilities
  - Phinney Ridge & University Heights Schools
  - P-patches
- \$3.4 million – Pedestrian Safety
- \$2 million - Libraries

### **Planning & Allocations Committee**

There was no report as the October meeting was canceled. The committee will not meet again until January 23, 2008.

### **Outreach and Advocacy / Health Care Task Force**

**Michael Miller** reported that Bob Riley with the Pierce County Aging and Disability Resource Center (ADRC) spoke about the rewards and challenges of developing an ADRC in his county. Kip Tokuda, former Legislator and current City employee who serves as the Human Services Department (HSD) liaison to the State Legislature also spoke to the committee on upcoming legislative issues.

The date for Senior Lobby Day has been set for January 22, 2008.

### **Universal Design Coalition**

**Art Mussman** reported on the October meeting of the coalition. The coalition's website which is still under construction is located at: <http://www.nwudc.info/index-new.htm>. The Washington State Housing Finance Commission (WSHFC) will hold their next Housing Washington Conference in November, 2008 at the Washington State Convention Center. Their

recent survey of individuals 50-65 years of age on their future housing needs will be available on their web site ( <http://www.wshfc.org>) once it is completed. The coalition also heard a presentation by Charles Redmond of Feet First about their advocacy efforts.

### **Retreat Planning Committee**

**Diane Snell** reported the 2008 Retreat will be held January 11, 2008 at the Talaris Conference Center located east of the University of Washington's Husky Stadium. Potential speakers have been identified, and **Kate Slaminko** has agreed to lead the White Elephant Gift Exchange again this year. More details will be provided closer to the event.

## **NEW BUSINESS**

### **Council Elections**

**Lorna Stone** reminded the Council that the 2008 slate of candidates for Advisory Council executive positions is:

Chair	Michael Miller
Vice Chair	Art Mussman
Secretary	Barbara Hurst
Member-At-Large	Silversity Madraza

She asked if there were any nominations from the floor. There being none, the slate was accepted by acclamation.

### **Director's Report**

**Pamela Piering** reported on the following items:

1. **Washington Area Agencies on Aging (W4A)** – The W4A Gathering on October 15, 2007 was very successful. DSHS Secretary, Robin William Arnolds provided the keynote address. Informative workshops on mental health issues, aging readiness and housing were provided.
2. **Senior Lobby Conference** – This annual event, held on October 16, 2007, featured Dr. Robert Freidman who presented a long term care insurance proposal and four former Washington Governors who provided their insight on a number past and current issues.
3. **State Council on Aging (SCOA)** – Pam proudly announced the appointment of both Don Moreland and Cathy VonWald to the SCOA. Don will represent the Advisory Council and Cathy will represent Western Washington.
4. **Meeting with Governor Gregoire** - The October meeting Don Moreland scheduled with the Governor was been canceled. Don has asked that it be rescheduled.
5. **Falls Prevention Conference** – This October, 2007 conference focused on the importance of strengthening lower extremities to reduce falls, the leading cause of hospitalization and institutionalization of older adults. A number of Emergency Medical Services (EMS) employees were in attendance. **Thelma Pegues** noted that four times as

many people over the age of 65 are hospitalized for falls than all hospitalizations for traffic accidents.

6. **Former Advisory Council Member** – Former member, **Timmie Faghin**, was recently appointed to the City of Seattle, Pedestrian Master Plan Advisory Board. She also serves on the Seattle Parks Board.
7. **Senior Lobby Day** – This annual event will be held on January 22, 2008, the day after the Martin Luther King Day holiday.
8. **Governor’s Budget** – The Governor has presented a “bare bones” budget for 2008-2009.

The meeting was adjourned at 2:00 pm.

## **NEXT REGULAR MEETING**

**Friday, December 14, 2007**

**Noon – 2:00 p.m.**

**6070 Conference Room  
Seattle Municipal Tower**

**700 5<sup>th</sup> Avenue  
Seattle, WA 98104**

**(206) 684-0660**

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**Holiday Party!**